Virtual meeting – Chelmsford 8.12.2023

**Attending**: Hawthorns School

**Apologies**: Latchingdon C of E Primary, Baddow Hall Junior, Highwood and Roxwell

Thank you so much to Hawthorns school for attending the virtual meeting, it has been nice to meet everyone!

First item on the agenda, we spoke about anxiety and what does it mean to the young people and their friends? Lots of great thoughts were contributed! This is what they have said:

**Anxiety**

* Scared
* Butterflies
* Scared
* Warning
* Sweaty
* Bad dreams
* Different things we can feel worried about
* Need the toilet.
* Upset stomach.
* Experiencing Emotions

Then we spoke about how we can use Banjo to help other people aware of learning differences. Here are their thoughts below:

**Mascot**

* Posters
* Talk to banjo.
* Big banjo can be scary.
* Mini teddies would be good to use.
* T shirts
* Merchandise
* Badges
* Avengers cap – make him a superhero.
* Customise teddies bears.
* Superhero

We then spoke about outdoor learning and how it can benefit us but what challenges it has. I look forward to seeing Hawthorns new outdoor learning environment in the future! Here are many of their great contributions below:

**Outdoor Learning**

* Classroom outside
* Learn different skills.
* Fun to learn.
* Lots of trees
* Bridges
* Design & create new outdoor environment.
* Playing outside feels good.
* Can’t stay indoor all day.
* weather can be difficult for some people.
* Lost or hurt.
* All about learning to take a risk.

The final item on the agenda speaks about physical activity and what barriers there is to stop young people from getting involved:

**Physical activity**

* Distraction
* Boasting
* Emotions
* Tired
* Sweaty
* Very hot
* Don’t like PE.
* Like going to the gym
* Nervous about joining.
* Worried about not being good.
* Boisterous – sometimes too much for other people
* Exercise in different ways

Thank you to all young people who have contributed today!